

Time of Day	Sleeping	Sedentary	Light	Moderate	Vigorous
00:00	85	45	15	10	10
04:00	80	40	15	10	10
08:00	75	35	15	10	10
12:00	70	30	15	10	10
16:00	65	25	15	10	10
20:00	60	20	15	10	10
24:00	55	15	15	10	10

مكتبة